

NORTHWESTERN
ONTARIO'S
BUSINESS
PUBLICATION
SERVING OUR REGION
SINCE 1984

THUNDER BAY BUSINESS

www.ThunderBayBusiness.ca

October 2023

Safeway Arthur Street Completes Renovations!



INSIDE

Northwestern Ontario
communities come
together at Nuclear
Exploration Event

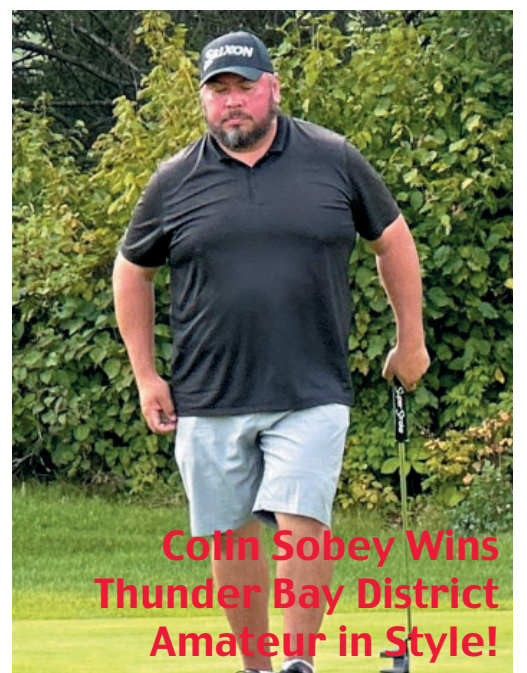
THUNDER BAY
PORT SHIPMENTS
REMAIN STRONG

Canada and Ontario
Providing More
Affordable Housing in
the Thunder Bay
District

NorthSuperiorPublishing
@tbay25 @Scott Sumner



Wake the Giant Achieving Success



Colin Sobey Wins
Thunder Bay District
Amateur in Style!

Safeway Arthur Street Completes Full Renovations!



October Feature - A special feature highlighting the extensive renovations of Safeway Arthur Street.

Publication Mail Reg. # 40050324

Canada and Ontario Providing More Affordable Housing in the Thunder Bay District

The Government of Canada and the Province of Ontario are providing \$3,994,000 to help create 12 units, 20 per cent of which will be fully accessible, in the Thunder Bay District. These homes will support Indigenous people in the community. This is the first phase of a six-phase build that will eventually include 70 units.

This project is part of an investment of over \$46 million through the Canada-Ontario Community Housing Initiative (COCHI) to create 267 affordable housing units across the province. COCHI is an initiative of the Canada-Ontario Bilateral Agreement under the National Housing Strategy (NHS).

Located at 1040 Huron Ave, this three-storey building will have four 800 square foot units on each floor. The building will also contain parking for each unit as well as using an energy model that will reduce greenhouse gas emissions by a minimum of 26 per cent.

“Thank you to the Ontario Aboriginal Housing Services Corporation for the work and leadership in building these important housing units and choosing Thunder Bay as a location. These 12 new units will offer security, stability, and a home to Indigenous people living in the community. By working closely with all levels of government and following the guidance of



Indigenous partners, we are helping to address the housing shortage in our region. This is collaboration and the National Housing Strategy at work to keep our housing goals moving forward.” – The Honourable Patty Hajdu, Member of Parliament for Thunder Bay-Superior North, and Minister of Indigenous Services and Minister responsible for the Federal Economic Development Agency for Northern Ontario

ment to inclusivity and environmental consciousness. Through features like fully accessible units, energy efficiency and affordable rental rates, we embark on a journey to elevate lives while honouring the surrounding environment and community.” – MPP Kevin Holland, Thunder Bay – Atikokan

“Ontario Aboriginal Housing Services (OAH) is humbled to be leading this development in Thunder Bay, marking a significant stride towards addressing the critical housing needs of Indigenous people. As the demand for safe and affordable housing continues to increase, our commitment remains to contributing to a society where everyone has access to a safe place, they can call home.” – Ontario Aboriginal Housing Services (OAH)

“With a strong sense of purpose, I am pleased to announce a significant stride towards inclusive and sustainable housing for our community through the introduction of a six-phase expansive building development, designed to house 70 units. This upcoming three-storey structure, with 12 units, underscores our unwavering commit-



Igniting Indigenous Prosperity and Innovation in Thunder Bay Superior North.

HON. PATTY HAJDU
MEMBER OF PARLIAMENT
THUNDER BAY-SUPERIOR NORTH

PATTY.HAJDU@PARL.GC.CA
(807) 766-2090 / 1-888-266-8004



FALL for Honda
with Features You'll Love!

HONDA

INTRODUCING THE ALL-NEW
2024 CIVIC
LX-B SEDAN

GET THAT **Honda** FEELING

STARTING FROM **\$28,754**
Includes freight, PDI & levies. Excludes taxes & licensing fees.

FEATURES WITH AN EMPHASIS ON FUN

- Honda Sensing Safety Technologies
- ECON Mode & Eco Assist
- Heated Front Seats
- Proximity Key Entry System with Pushbutton Start
- Remote Engine Starter
- One Touch Power Moonroof
- Apple Carplay & Android Auto

TEST DRIVE YOURS TODAY

DEALER ORDER/TRADE MAY BE NECESSARY. CONTACT GORE MOTORS FOR FULL DETAILS.

361 Memorial Avenue | (807) 345-0902
GoreMotorsHonda.com




Marine shipping to Canada's furthest inland port is part of the green solution.

1 Ship = **301 Rail cars** = **963 trucks**

Based on the maximum carrying capacity of Seaway-size vessel

The new generation of vessels in the Canadian Great Lakes fleet can carry, on average, one tonne of cargo an incredible 360 kilometres on one litre of fuel.

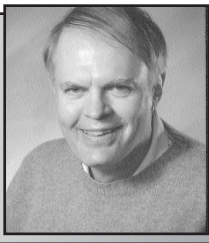
PORT OF THUNDER BAY
THE SUPERIOR WAY WEST



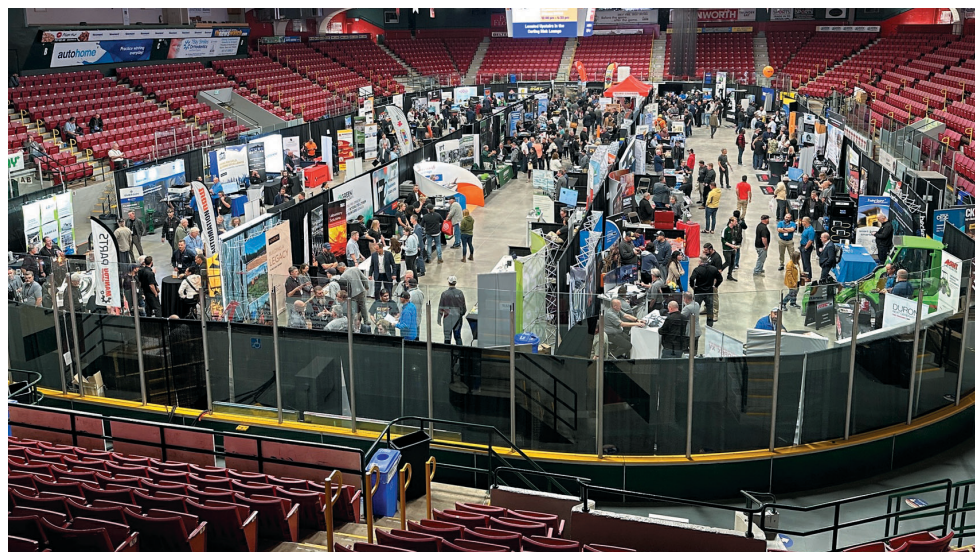
WWW.PORTOFTHUNDERBAY.CA



Publisher's Note
Scott Sumner



It was great spending quite a bit of time recently at the CEN CAN 2023 EXPO that took over the Fort William Gardens



and area. I grew up in small mining towns and experienced the lifestyle firsthand. My father was from Southern Ontario and

after WW II leaving the air force, he asked about good career options. Mining was suggested and after mining school my dad began his career as a mining engineer starting in BC, then to Lynn Lake,

Manitoba, Malartic, Quebec and after getting married, to Atikokan and then Manitowadge.

CEN CAN 2023

I'll always remember growing up in the small mining towns where you knew everyone and life was quite simple. There were few shopping options unless you went to Thunder Bay or Sault Ste Marie. For example there wasn't a local dentist but you had almost all you needed. We had a nice new rec centre, golf course that my dad founded, curling rink, ski hill and the great outdoors at everyone's doorstep.

CEN CAN had over 300 exhibitors from across Canada and basically covered the entire Fort William Gardens and Curling Rink area and property outside. The mood was upbeat amongst the people in attendance. The amount of jobs and economic activity represented by mining and forestry is impressive and really a large part of our economy in NW Ontario. New projects are beginning or being studied so the future looks quite bright.

It was fun talking to people at the Sandvik booth. I did a policy study with them when attending university in Toronto many years ago!



A common message I heard at the event was the need for more workers in the growing field. The pay is excellent and you can create a good life style for yourself and family. I know I enjoyed being part of a mining community, so check out this option.

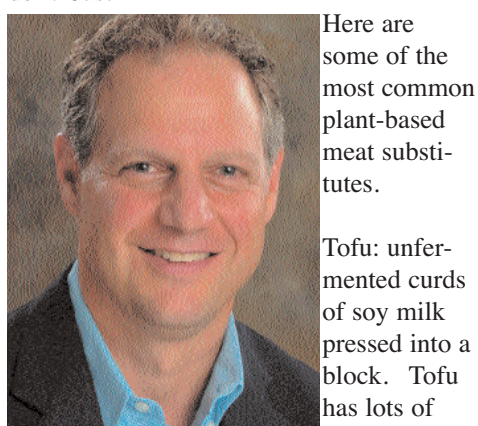
Protein Sources – You Have Many Choices (Part 2)

In last month's column we discussed the various protein sources available, both plant and animal, and how much protein there was in each. In part two I would like to discuss in more detail the various plant-based proteins and why it makes sense for all of us to incorporate more of them into our diets, both for our personal health and the health of the planet.

People choose to not eat animal products for many different reasons. Some have moral or ethical issues around killing animals for food. Others do it purely for personal health. Study after study continues to show that the less meat we eat, especially the less red meat we eat, increases our lifespan, and decreases the risk of cancers and cardiovascular diseases. Others have environmental concerns. If we were all

vegetarian, we would cut greenhouse emissions by 30 to 70 per cent and water use by 50 percent. So even if meat eaters would go vegetarian a few nights per week there would be a significant environmental impact. Finally, for some it's an economical choice. Simply put, it's financially cheaper to live off a plant-based diet.

With all the different food options at local grocery stores now, plant-based eating is now affordable, versatile, nutritious, and delicious.



Here are some of the most common plant-based meat substitutes.

Tofu: unfermented curds of soy milk pressed into a block. Tofu has lots of protein and is

very versatile in stir fries. It also has significant estrogen-like compounds which might not be too healthy. The key really is to not overconsume. If your only meat substitute is tofu and soy milk, you may have a problem. If it is part of a larger group of other products, you should be fine.

Soy Milk: also has lots of protein. Soy has similar pros and cons to tofu.

Tempeh: fermented soybeans pressed into cakes or blocks. Fermented foods are rich in probiotics and do not have the same concerns as tofu. It has a heavier nut feel to it and is great sliced, marinated and grilled in spices and sauces. Use it as a substitute for bacon.

Jackfruit: A very versatile and tasty meat substitute, it is somewhat fibrous and when you add bar-b-q sauce it looks and feels a lot like pulled pork.

Legumes: beans, peas and lentils are high in protein, iron and potassium. They are also very inexpensive and versatile. Add them to rice and the two combined provide all the amount of protein you need.

Hummus: Hummus would not be a full-

fledged meat substitute, but it is a great source of iron and fiber. Due to its rich flavour and creaminess, it is a great substitute for mayonnaise in wraps and sandwiches.

Seitan: Wheat gluten that has similar texture to meat with similar protein content. However, seitan is often used in processed foods which are loaded with salt and other additives that reduce its potential health benefits.

Bulgur Wheat: A form of whole wheat with good amounts of fiber and protein. It is often used as a rice substitute but can also be a substitute for sausages and meat-loaf.

As with all dietary applications, we should strive to add a variety of plant-based proteins in different forms. Plant based diet has come a long way in North America

from carrot sticks and celery. We owe it to ourselves and to the rest of the world to make some significant dietary choices that do not include animal products.

James DiGiuseppe is a local chiropractor with a busy family and wellness practice. For more health information or to contact Dr. DiGiuseppe visit:

www.portarthurchiropractic.com

THUNDER BAY BUSINESS

www.thunderbaybusiness.ca

PRESIDENT
Scott A. Sumner

AD DESIGNER
Miranda van den Berg

ADVERTISING INFORMATION
Sylvia Gomez:
(807) 629-7599

Office:
(807) 623-2348

Thunder Bay Business is published monthly by:
NORTH SUPERIOR PUBLISHING INC.
tel: (807) 623-2348 fax: (807) 623-7515
email: nspinc@tbaytel.net

Contents of this publication are protected by copyright. Reproduction of this in any form is strictly prohibited. While due care and diligence is used in proofreading advertising copy for accuracy, the publisher and advertiser are not responsible for misprints, mistakes or typographical errors.

HOLLYWOOD HAIRSTYLING

Your Family's ONE-STOP for Complete Service!

Located in Victoriaville Mall
(807) 623-4435

Tuesday to Friday 9am to 5:30pm
Saturday 9am to 5pm
Sunday & Monday CLOSED

sencia.ca

We can assist you with every single element of your website. Contact us to learn more.

WE GOT YOU LOCALLY COVERED

| | |
|---------------------|---------------------|
| Website Design | Website Development |
| Marketing Solutions | Website Hosting |

Sencia
Corporate Web Solutions
807.768.6603
info@sencia.ca

PORT ARTHUR CHIROPRACTIC CENTRE

345-9700 portarthurchiropractic.com

Dr. James DiGiuseppe • CHIROPRACTOR
GROW STRONG • STAY YOUNG

THUNDER BAY PORT SHIPMENTS REMAIN STRONG

The Port of Thunder Bay has had a busy summer season with strong shipments of grain, potash, and general cargo.

As of August 31, 2023, crews at Thunder Bay elevators have loaded an extra 1 million metric tons (MT) of grain compared to the same period in 2022. Total port grain shipments are just shy of the 5-year-average for the period.

The month of August was strong for potash shipments. More than 250,000 MT of potash were shipped from port termi-

nals, surpassing the monthly record set last year. Potash, mined on the Canadian Prairies, is shipped from Thunder Bay primarily by oceangoing 'salty' vessels, to destinations in Europe, North Africa, and South America. Port potash volumes hit a 30-year high in 2022 and the 2023 season is on track for a similar outcome.

The port's general cargo program is going strong this season. Keefer Terminal has had steady inbound vessel traffic during August and the first week of September, with shipments of bulk fertilizer, steel pipe, steel rail, and machinery. The termi-



nal is experiencing its best year to date for steel, with regular shipments continuing through the fall.

Total vessel traffic in the Port of Thunder Bay increased by 50 vessels as of August 31, year-over-year.

SERVING THUNDER BAY – SUPERIOR NORTH

**LISE
VAUGEOIS**
THUNDER BAY – SUPERIOR NORTH

📍 272 Park Avenue
Thunder Bay, ON P7B 1C5
☎️ (807) 345-3647
✉️ LVaugeois-CO@ndp.on.ca

CARGO STATISTICS

Period From August 01 to August 31, 2023

| | Month Totals 2023 | Month Totals 2022 | Year to Date Totals 2023 | Year to Date Totals 2022 |
|------------------------|-------------------|-------------------|--------------------------|--------------------------|
| COAL | 26,034 | 81,495 | 271,754 | 274,468 |
| GRAIN | 608,406 | 502,502 | 3,747,237 | 2,658,452 |
| POTASH | 255,472 | 237,881 | 775,014 | 869,227 |
| DRY BULK | 0 | 26,832 | 77,909 | 137,096 |
| LIQUID BULK | 0 | 0 | 0 | 0 |
| GENERAL CARGO - KEEFER | 2,018 | 6,754 | 20,966 | 24,814 |
| GENERAL CARGO - OTHER | 0 | 0 | 0 | 0 |
| DRY BULK KEEFER | 20,207 | 0 | 41,042 | 0 |
| TOTALS | 912,137 | 855,464 | 4,933,922 | 3,964,057 |

VESSEL REPORT

| | Current Month | Same Month Last Year | Year to Date Totals | Last Year Totals |
|-----------------|---------------|----------------------|---------------------|------------------|
| DOMESTIC | 22 | 22 | 149 | 114 |
| FOREIGN | 23 | 18 | 89 | 74 |
| AMERICAN | 1 | 1 | 3 | 3 |
| TOTALS | 46 | 41 | 241 | 191 |

*Monthly statistics are edited as cargo reports are received. Cumulative totals are adjusted to reflect changes.

Security video alerts straight to your mobile device

Keep track of activity that occurs 24/7 and rule out threats with real-time event-based video clips. Review on-the-go or check-in on live video feed anytime with Tbaytel's Smart Monitoring with Smart Video service.

Call or email Tbaytel Business Sales for more information
1-866-999-0626 | 807-623-8800
business.sales@tbaytel.com

powered by **ALARM.COM**

tbaytel Business

Lowerys

Your local office products expert

- Office Supplies
- Office Furniture
- Office Interiors
- Canon/Konica Copier Sales and Service
- Computer Sales and Services
- Managed IT Services
- Janitorial Supplies & Break Room
- Print, Imaging and Graphic Design
- Kakabeka Crystal Spring Water

lowerys.com

540 Central Ave.
Thunder Bay, ON P7B 6B4
807.344.6666

398 Scott Street
Fort Frances, ON P9A 1G9
807.274.2743

Northwestern Ontario communities come together at Nuclear Exploration Event

Hundreds of people from Ignace, Wabigoon Lake Ojibway Nation and surrounding communities came together to learn more about nuclear energy, nuclear safety, community willingness, local environmental research and more at the recent Northwest Nuclear Exploration Event hosted by the Township of Ignace.

“The NWMO team was excited to participate and to answer questions from the community about the proposed deep geological repository for Canada’s used nuclear fuel,” said Lise Morton, VP of Site Selection at NWMO. “Dialogue like this is critical to the site selection process and it was fantastic to see so many people take the opportunity to learn more about the project and other aspects of the nuclear industry.”

A highlight of the event was the open dialogue facilitated by consultants working for the Township of Ignace’s Willingness Committee. Attendees shared their views on the proposed deep geological repository project, a critical step in the Township’s process to ensure the public has ample opportunity to provide their feedback.

“This event was all about the community, offering people the chance to hear from experts from various sectors of the nuclear industry, ask questions and gain a deeper understanding of the project so that as a Council, we consider their perspectives,” said Interim Mayor Kim Baigre.

The event also shone a spotlight on science learning thanks to demonstrations by Science North, exhibits in the NWMO’s Mobile Learn More Centre and presentation by Professor Jason Donev about science fiction on how we view science. Attendees also had the chance to hear new about the Township of Pinawa, a Manitoba community which is home to the first demonstration site for a new type of energy generating small modular reactor.

The NWMO thanks the Township of Ignace for their continued engagement and looks forward to continuing to support people to learn more about the project. ?

About the NWMO

The Nuclear Waste Management Organization (NWMO) is a not-for-profit organization tasked with the safe, long-term management of Canada’s used nuclear fuel inside a deep geological repository, in a manner that protects people and the environment for generations to come.

Founded in 2002, the NWMO has been guided for more than 20 years by a dedicated team of world-class scientists, engineers and Indigenous Knowledge Holders that are developing innovative and collaborative solutions for nuclear waste management. Canada’s plan will only proceed in an area with informed and willing hosts, where the municipality, First Nation and Métis communities, and others in the area are working together to implement it. The NWMO plans to select a site in 2024, and two areas remain in our site selection process: the Wabigoon Lake Ojibway Nation-Ignace area in northwestern Ontario and the Saugeen Ojibway Nation-South Bruce area in southern Ontario.



Building Soon?

Start here:

thunderbay.ca/beforeyoubuild

Helpful Tools

Project-Specific Guides

Building | Planning

Wake the Giant Achieving Success



BY SCOTT A. SUMNER
Thunder Bay BUSINESS

Wake the Giant is fast becoming a must attend annual event for the Thunder Bay area. I chatted with A. J. Haapa, one of the organizers of Wake the Giant - 4th edition.

Wake the Giant seems to be quickly growing each year?

“Wake the Giant I’d say has grown like wildfire, exponentially. The first

year we had 2 to 3000 people attend and every year is an extra thousand and we are on our way to 7000 this year.”

The weather is great for the event this year?

“There is a higher power looking over us with the weather as it has been so good. Last year we had our elder John come and do a smudge and prayer when it was raining all week and the rain held off in a bubble around the marina- everywhere else was rain-

ing. We have had similar luck this year.”

Have you achieved what you hoped for with Wake the Giant?

“We are hitting our goals with this event. The best indicator of that is our students. They were not always feeling welcome in the city. Through the decal program with over 400 businesses now, and through our three day orientation we do every year, they are feeling better. Now we hear testimonials from students all the time in what a difference this is making. Also some of

the students can get part time jobs at these businesses.”

“It is also a vehicle to help teach Thunder Bay a little more about the First Nations history and the culture and traditions. We did a soft launch of our online training program back in February and we will have 5000 people trained up by 2025.”

“There is a good economic spin off for the community stimulating down town with hotels and restaurants. We want to make Wake the Giant a destination festival and attract people from across Canada.”

Badanai

THUNDER BAY



The 2024 Silverado's Have Landed!



*** Low Finance Rates ***

*** Ask About Offers Available ***

Largest Selection of Silverado Trucks in NW Ontario

399 Memorial Avenue
Thunder Bay, On
P7B 3Y4

Tel: (807) 683-4900
Fax: (807) 345-8005
Toll Free: 1-800-465-3915



Safeway Arthur Street Completes Full Renovations!



October Feature - A special feature highlighting the extensive renovations of Safeway Arthur Street.

Safeway Arthur Street Completes Renovations!

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

The Safeway Arthur Street has undergone intensive renovations. I asked store manager, Gord Hampton, some questions about the project.

2. You have had a long history at the store yourself. Can you give us some of your background?

“I have worked for Safeway for 37 years, and it’s been an incredibly rewarding place to build a career. I moved to Thunder Bay in 2002, and it’s been a wonderful community to



The store has always been very successful at the current location?

“The Thunder Bay community has always been very supportive of our store, and we’re glad to have been able to be part of the community, not just as a grocery store but also to provide good jobs to the community and support people’s families that way.”

raise my family.”

3. The store has undergone a complete renovation where everything was touched. What was involved in this renovation including the time frame involved and contractor and sub trades and their work?

“Empire Company Limited has made significant investments in store infrastructure and elevating the store and customer experience. We’re delighted



our Thunder Bay customers will experience this elevated shopping experience.”

Continued

B & B FARMS would like to extend our

*Congratulations
& Best Wishes*

to Safeway Arthur Street on their extensive store renovations

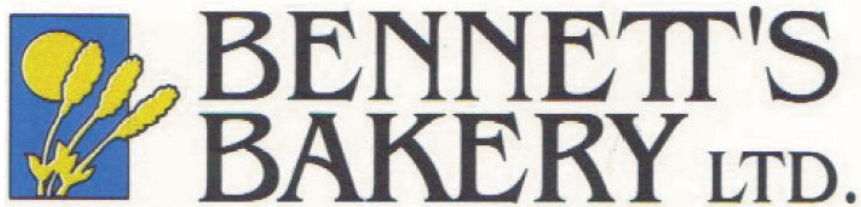
We are proud to supply Safeway with **Locally Grown Potatoes** and appreciate their support of locally owned business.



FARMS
THUNDER BAY
Locally Grown Potatoes

Open Mon-Fri 7am to 5pm | (807) 939-1446

Located just west of Thunder Bay at 3523 Hwy 11-17



Locally Owned. Baked Fresh Daily.

*Thank You for Supporting
Local Businesses!*

899 Tungsten Street, Thunder Bay • (807) 344-1632

Open Monday - Friday 9am to 5:30 pm

Saturday 9am to 5pm | Sunday CLOSED

Safeway Arthur Street Completes Full Renovations!



October Feature - A special feature highlighting the extensive renovations of Safeway Arthur Street.

Safeway Arthur Street Completes Renovations!

Continued

“The construction began November 2022 and we welcomed customers back for our grand opening July 14th 2023.”

4. The store remained open during the renovations. Tell me how your staff dealt with such major renovations and normal operations at the same time?

“As an essential service, we wanted to ensure we could remain available to the community for the duration of the renovation. We thank all our customers for their patience and hope they will enjoy the new shopping experience.”

5. The new renovated store is beautiful! How has it changed from the previous layout? What are some of the unique changes that have been made?

“Yes, there have been several more

noticeable layout changes. For example, the meat department location has moved, enabling us to expand offerings in the seafood department with a new lobster tank and fresh seafood. The deli department also has an expanded selection of deli meats, cheeses, and new hot meals for our customers to enjoy. The pharmacy also expanded and now provides a patient consultation room making it easier to offer expanded services, such as offering on sight prescriptions for minor ailments.”

6. This store is very modern and stylish. How does it compare to other Safeway stores in Canada?

“We are definitely refreshed to impress! With these changes, and the new offerings, we’re looking forward to offering customers an elevated shopping experience.”

7. You had many local food suppliers on site during the opening day. Does the store have local vendors supplying their products?

“Our company was founded in a small town. Local is in our DNA and so we pride ourselves on our direct commu-



nity connections and doing business with local vendors. We really value those relationships in all the regions where we operate right across the country. It’s important to our customers and so it’s a win-win-win for all. I should make a quick plug for Heart Beat Hot sauce who is now sold across Canada and even internationally. It’s a great local success story!”

Continued

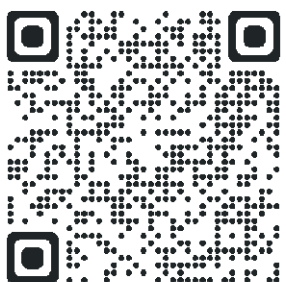


CONGRATULATIONS

TO GORD AND THE TEAM ON THE SAFEWAY ARTHUR STREET GRAND REOPENING!



SCAN QR CODE TO VIEW OUR SAFEWAY PROJECT HIGHLIGHT VIDEO!!



905-831-6122
www.chunter.ca

We would like to congratulate Safeway Arthur Street on the new renovations and Apollo for doing a wonderful job, as usual!

FIA PLUMBING & HEATING LTD.
Phone: 416-237-1544 FAX: 416-237-1545 www.fiaphd.com

FIRST FOR FIRE, LIFE SAFETY & SECURITY

1124 Waterford St.
Thunder Bay, ON P7B 5R1
P. (807) 623-1214 TF. 1-888-623-1214
info@vipond.ca

Dedicated to building SAFE & SECURE communities.

Congratulations Safeway Arthur Street on your excellent new store!

www.vipond.ca

Congratulations Gord and staff. The store looks great!

5221 Townline Rd.
Murillo, ON
(807) 935-2507

Congratulations on your Opening!

Contact Us for Your Plumbing Needs:
807-623-3623

Safeway Arthur Street Completes Full Renovations!



October Feature - A special feature highlighting the extensive renovations of Safeway Arthur Street.

Safeway Arthur Street Completes Renovations!

Continued

8. Overall how was the renovation process?

“This is the first big store renovation I’ve ever been through, and it was really a thrill to be a part of and see how it was all going to come together – new fixtures, new equipment – it’s all part of a refreshed experience for our customers.”

9. Are there any future plans on the horizon for the store?

“We’re just excited to welcome the Thunder Bay community in to see the refreshed space.”

10. Is there anything else you would like to add?

“We’re so glad you took an interest in the new store. We love opportunities to offer our customers new and innova-



tive products. We’re going to continue to work hard to offer the best service in Thunder Bay, while supporting the community through community investment and through local service organizations.”

Congratulations Safeway Arthur Street



319 Euclid Ave. Thunder Bay ON
 Hours: MON - SAT 9am - 6pm | SUN 10am - 5pm
(807) 475-3665
 www.northcountrymeats.com
Quality & Tradition Guaranteed. For All Your Fine Meat Needs!

Rugged Air Industries Limited is proud to supply and install roofing and siding for your project.

Congratulations from all of us at Rugged Air Industries Limited.

Telephone
(807) 623-4445

Fax
(807) 623-3121

Postal Address
**710 Norah Crescent
 Thunder Bay, ON P7C 4T8**

E-mail (General Information)
ras@ruggedair.com

E-mail (Webmaster)
ras@ruggedair.com

Committed to the manufacture of high quality HVAC and pneumatic conveying equipment.

Rugged Air Industries Limited is a unique, total service operation, combining Air Systems and Design Expertise with manufacturing, specialty equipment, installation and follow-up, geared to service our industrial and commercial customers, with particular emphasis in the Forest Products Industry.

BayMeats

Butcher Shop + Lihakauppa

*Admit It... You're Just Here for the Jerky!
 ...but we have lots of other delicious products too!*

Beef Jerky | Pepperettes | Fresh & Frozen | Smoked

www.BayMeats.com



1122 Waterford St, Thunder Bay, ON

40 YEARS. 4000+ PROJECTS.

Quality fit and finishes today are an investment for tomorrow.

We specialize in acoustics & soundproofing needs, premier drywall installation/finishing, and painting including interior (floor, ceiling, office) & specialty coatings. Contact us today for inquiries on your project!

Congratulations to Safeway Arthur Street on the extensive renovations!

office@mfjones.com
 www.mfjones.com
 Contact Us for a Quote:
(807) 623-4831

Safeway Arthur Street Completes Full Renovations!



October Feature - A special feature highlighting the extensive renovations of Safeway Arthur Street.

Safeway Arthur Street Completes Renovations!

Safeway is dedicated to preserving the planet through environmentally responsible day-to-day business. We are dedicated to preserving the planet by seeking greener ways to conduct our day-to-day business. At Safeway, sustainability means keeping the wellbeing of our company, customers and community at the forefront, without compromising the ability for future generations to prosper on the



planet we share.

We have reduced our carbon footprint by limiting greenhouse gas emissions, when possible retrofitting stores with LEED® standards energy-efficient lighting and heating systems and are making great strides in diverting waste and reducing packaging. We are also leading the way in a broad range of sustainable fronts, including sustainability, animal welfare and local sourcing.



Leaders in Commercial Mechanical

- Air Conditioning
- Heating
- Refrigeration
- Kitchen Equipment
- Control Systems
- Mechanical

Congratulations Gord, on the extensive renovations of Thunder Bay's Safeway Arthur Street from:

Beebe Mechanical Systems Ltd
345 May St N Thunder Bay, ON P7C 3R3
info@beebemechanical.ca | beebemechanical.ca

For 24 hr Emergency Service
call (807) 623 4181

Congratulations
Safeway
Arthur Street
on your beautiful
new store

from the team
at
Thunder Bay Business
North Superior
Publishing Inc.

Michipicoten First Nation, Naicatchewenin First Nation, and Morris Group Canada officially mark acquisition of Victoria Inn Hotel in Thunder Bay

The Naagaaniyang Limited Partnership recently officially celebrated its acquisition of the Victoria Inn, an iconic Thunder Bay hotel. A cultural ceremony, ribbon-cutting and gala dinner was hosted by the hotel's new owners to mark the historic deal.

Naagaaniyang Limited Partnership is held by Michipicoten First Nation, Naicatchewenin First Nation, and Morris Group Canada, making the Victoria Inn a majority owned First Nations business. The investment is the largest one to date for the two First Nations who collectively own the majority of the hotel's shares.

Says Chief Patricia Tangie; "Michipicoten First Nation is proud to belong to this innovative partnership group and invest into the future of the Victoria Inn hotel. We want to participate in business ventures that can build capacity for our community and move us closer to financial independence. The benefits of this acquisition will be felt in our First Nations and in the Thunder Bay economy for generations to come."

The Naagaaniyang Limited Partnership purchased the hotel in April of 2023, with the shared vision of building capacity and economic momentum for Indigenous business in northwestern Ontario. The partnership is an important example of First Nations and the private sector collaborating for mutually beneficial opportunities.

Says Chief Wayne Smith of Naicatchewenin First Nation; "This business collaboration is a strength-based approach to bring prosperity to our First Nations, and at the same time, grow the Thunder Bay economy. Business development is a way to generate employment and wealth so that we can address the critical infrastructure and social conditions facing our communities, and, in turn increase our self-sufficiency and wellness. Naicatchewenin First Nation looks forward to working on this joint investment with our partners, communities, and supporters."

Morris Group Canada Chairman, Dr. David Morris, says that one of the partnership's main priorities is to continue supporting the needs of Thunder Bay and surrounding communities.

"The Victoria Inn will offer safe and culturally appropriate accommodation that is welcoming to people from Indigenous communities. Through this partnership with Michipicoten and Naicatchewenin, the Morris Group Canada is pleased to be part of a business that will have such lasting economic, social, cultural, health and wellness impacts for Indigenous and non-Indigenous communities."

About Michipicoten First Nation

Michipicoten First Nation is a community with approximately 1,300 members, and is situated on the coastline of Lake Superior, south of Wawa, ON. Their vision is to be an economic, independent, self-sustaining, self-governing First Nation where all members share a strong cultural identity based on a profound understanding of who we are, and who have a clear sense of con-



nection with cultural origins.

About Naicatchewenin First Nation

The Anishinaabeg of Nagaajiwanaang, also known as Naicatchewenin, inhabited a region in the northwest portion of Ontario,

an area comprised in the Northwest Angle Treaty of 1873, also known as Treaty 3, and is located approximately 60 km northwest of Fort Frances. The Naicatchewenin First Nation strives to foster, promote, and protect the political, physical, mental, emotional, social, economic, and spiritual well-being of current and future generations toward a sovereign nation.

About Morris Group Canada

Morris Group is composed of a series of complementary companies that together cover all aspects of a remote workforce housing operation. With over 18 years of experience, they have a proven track record of providing innovative and cost-effective solutions to meet the unique needs of our clients in government and private markets, including mining, oil & gas, infrastructure, construction, and renewables.

THUNDER BAY BUSINESS

2023 DEADLINE / PRINTING / DISTRIBUTION DATES

| Issue | Ad Copy Deadline 4PM Friday | Printing Deadline Friday | Distribution Date | Topic |
|-----------|--------------------------------|-----------------------------|-------------------|------------------------|
| February | January 23 | January 27 | February 1 | Financial/Legal |
| March | February 20 | February 24 | March 1 | Forestry/Mining |
| April | March 27 | March 31 | April 4 | Transport |
| May | April 24 | April 28 | May 2 | Construction |
| June | May 22 | May 26 | June 1 | Report On Thunder Bay |
| July | June 26 | June 30 | July 4 | Manufacturing |
| August | July 24 | July 28 | Aug 3 | Environment |
| September | August 28 | August 31 | September 2 | Education |
| October | September 25 | September 29 | October 3 | Aboriginal |
| November | October 23 | October 27 | November 2 | Health/Remembrance Day |
| December | November 27 | November 30 | December 2 | Technology/Christmas |
| January | December 19 | December 22 | January 4 | Fitness |

ARTWORK SUBMISSION

Please note North Superior Publishing uses a Mac operating system featuring Quark Express, Adobe InDesign and Photoshop.

Artwork can be submitted for publication as PDF, JPG or TIFF files. PDF is best.

North Superior Publishing features an on staff Graphic Designer available to customize and build your ad.

Please provide your images, logo and original copy allowing for 2-3 business days for ad design and proof to be provided.

Inserts are also available upon request. Please contact us for more information.

RESERVE YOUR AD PLACEMENT BY CALLING (807) 629-7599

RESERVE YOUR AD PLACEMENT BY CALLING (807) 629-7599

Scott A. Sumner, Publisher and Editor
Sherry Aalto, Feature Writer Miranda Bolt, Ad Designer

Advertising Information
Sylvia Gomez, Marketing / Sales Manager - 807-629-7599
sylvia@northsuperiorpublishing.com

THUNDER BAY
BUSINESS

NORTH SUPERIOR
PUBLISHING

NORTH SUPERIOR PUBLISHING INC.

2506-2260 Sleeping Giant Parkway, Thunder Bay, ON P7A 0E7 tel: (807) 623-2348 fax: (807) 623-7515 email: nspinc@tbaytel.net

www.NorthSuperiorPublishing.com

Building Ontario's future together.

OPG's Reconciliation Action Plan reaffirms our commitment to a continued journey of reconciliation with Indigenous Nations and communities across Ontario.

We see partnership as a way forward. The plan outlines our goals to grow our economic impact for Indigenous communities and businesses, while working to preserve our shared tomorrow.

Join us in this journey and help us bring our plan to life.

Learn more by visiting:
opg.com/reconciliation

**ONTARIO
POWER
GENERATION**





The Valard Group of Companies

Over 35 electric power and telecommunications infrastructure services, performed by the Valard Group of Companies.

We work with expert partners to seamlessly produce turnkey solutions for our clients.

Through a single contract and point of contact, we can, collectively, put together a full service team to successfully deliver every aspect of a power project.

thevalardgroup.com

Ignace and region are set to grow. And it is growth that can last.

Canada's plan to safely isolate used nuclear fuel in a deep geological repository will have long-lasting benefits for the host communities and surrounding region. If the Wabigoon Lake Ojibway Nation-Ignace area is selected to host the project, it will experience exciting population growth, plus:

- » Improved infrastructure and expanded community services;
- » Local, high-value job opportunities immediately and over years to come; and
- » A revitalized local and regional economy, including boosted tourism and recreation.



Generations of possibilities.
Discover more about the project today.
www.nwmo.ca/ignacebenefits

@nwmocanada
 /company/nwmocanada

20 | **nwmo**
YEARS • ANS

NUCLEAR WASTE
 MANAGEMENT
 ORGANIZATION
 SOCIÉTÉ DE GESTION
 DES DÉCHETS
 NUCLÉAIRES

Even lawyers can be kind

©2023 Brian Babcock

Pumpkin pie, the scent of cinnamon and nutmeg, the sound of leaves falling. All great things we associate with Thanksgiving. Truly a time to count our blessings.

But what about Halloween? Witches, ghosts, and ghouls. Small children go out and trick or treat. Some adults party. A day that began as an attempt to please the spirits of the dead has evolved into something very different.

Consider witches. Formerly associated with evil and, sorcery, they received bad publicity, from the Salem Witch Trials to the Wizard of Oz. Somehow, before the popularity of Harry Potter, witches got better public relations.

By making things that scare us into humour, we defeat our fears. We all want the treat, not the trick. Even Linus,



watching and waiting for the Great Pumpkin.

Last year, I wrote in October about the gift of kindness, rooted in giving thanks. I reminded my readers that giving thanks is not about really ourselves. Giving thanks is about appreciating the kindness of others, the love we share, the hope we grow again, even if we suffer pain and

sorrow.

Did you count your blessings? Did you sing with joy? Even if like me, you can't carry a tune in a bucket? (I said last year that lawyers have hearts, I never said we could sing).

Like Linus believing in the Great Pumpkin, hope is our greatest achievement. Maybe that is what ties together Thanksgiving and Halloween- both celebrations of the harvest, of hope that we survive the next winter coming, with a little help from our friends.

Did your business grow, fueled by hope? Did you share your joy with those who made it possible?

Did you share with the less fortunate? For the cost of a pumpkin spice latte, you can do good.

A gift need not be material. A smile is a gift to someone having a hard day. This year, what will you give thanks for? Happiness? Health? Friends? Family? Love?

So, I will try not to be the Grinch, and say my thanks, count my blessings, share my gifts. Find hope even on a frosty fall morning.

Once again, this year, I hope to spend my Thanksgiving thinking about how rich I am. Not in money. Not in property. But rich in love, rich and family, rich in friends, rich in community.

What are you rich in?

Have a Happy Thanksgiving and a safe Halloween.

You Are What You Think!

BY SCOTT A. SUMNER
Thunder Bay BUSINESS

There is nothing more vital in any human being than the mind. There is no question, doubt, or debate about this fact. Really the mind is a marvel, a miracle that is so complicated it's virtually impossible to figure out. Neurosurgeons for example, have a fantastically complex job when they work on the human brain.

When you survey current computer advertisements, you will notice how the speed and storage space have dramatically increased over a short period

of time. My first computer in the early 80's operated at a speed of less than 8 Megahertz, and had a hard drive of under 20 megabytes. At present you can get amazing speed in a computer proven your phone. Today's information is much more complex to process, and vaster in scope. HOWEVER, computers don't even register with the complexity and power of the human mind. I think the human mind as a computer, would be a trillion megahertz or more, and our storage capacity unlimited. How a living organ can accomplish such feats is truly a miracle.

So what does that mean for us as human beings? We need to use the magnificent mind that God gave us. We need to maximize our potential, and THINK our way through life with skill and abilities that only human beings have. Unfortunately many people, in fact most people, use only a tiny portion of their mind's ability. It is a giant shame and is something we need to change RIGHT NOW!. This will be the best thing you could ever do for yourself, bar none.

I believe your mind is like your body in that it needs good ideas, just as our body needs good food. You have to continue to feed your mind positive, fantastic ideas on a daily basis, that will change your entire way of thinking and YOUR LIFE. There have been many fantastic individuals who have lived before us in this magnificent world of ours who have developed

incredible ideas. These ideas have been available for us to discover in books.

Quite awhile ago at Christmas, my father went to the library with my sister and came home with the book THE POWER OF POSITIVE THINKING by Norman Vincent Peale. After attending primary school, high school, and 6 years of university and after reading countless books on all types of business subjects, I actually stopped reading. However the Norman Vincent Peale book was exactly the remedy I needed to prompt me to start reading once again, and I've been reading books like his ever since. I find the ideas fabulous. They feed the mind with some positive food with which to develop. Now I read the best books every day, usually at night, and find it has created in me a very confident and positive person. An important point to realize is that, what you think about is really what matters in your life. It is more important than your circumstances, or what happens around you. It's what YOU think about what's going on that matters. How you choose to react to the events that happen to you, and around you, is the only important thing. This sets your attitude and therefore your life. It's really that simple.

This is an exceptionally important point to think about. You can't always choose what happens to you, or how people treat you, but you can choose how you react to it or them. You have complete control of your mind at all times. Anyone, even the prisoner in jail can choose what to think about at any given moment. He doesn't have to feel confined or finished, but can be striving to make life better. It all starts in the mind. This is the beginning. It's like creating a brand new road map for the life that remains, starting now.

www.scottsumner.com

pressreader

Check out
North Superior
publications on
PressReader!

Beautiful outdoors of
Ontario, read more on
PressReader.



Next Issue:

**Thunder Bay
Business
Topic:**

**Remembrance
Day**

**Ad Copy Deadline
October 23rd
Contact
Sylvia
@807-629-7599**

www.thunderbaybusiness.ca

GREAT OUTDOORS

HOTELS, RESTAURANTS, ATTRACTIONS, ACTIVITIES & MORE!

FEATURING:



A PUBLICATION OF:



www.ThunderBayBusiness.ca

October 2023

Colin Sobey Wins Thunder Bay District Amateur in Style!

BY SCOTT A. SUMNER
Great Outdoors

Colin Sobey won his third Thunder Bay District Amateur on September 4th by 8



shots over defending champion Jeremy Kirk. His opening round of 66 at Chapples, 68 at Strathcona and 73 at Whitewater were easily good enough for the win. Although it's never easy in golf.

“ Lets just stick to the game plan from Chapples and Strathcona I said to my caddie Gary. It worked out well coming in with a 9 shot lead. Gary gave me all the numbers I needed and I just pulled the club and didn't hesitate on anything he gave me. He kept me calm and composed,”said Colin Sobey. “ When you do



have a lead like that it could get you a little relaxed when you are playing but we just kept the pedal down.”

Unusually hot weather for Thunder Bay with humidex rating in the 40's created a challenge for the golfers.

“ The heat was very draining, I went through 7 liters of water today and 10 yes-

terday and still cramped up.” he said. What was the secret to Colin's success?

“ The whole week my irons were dialed in, the yardages were perfect and my putter held me on big putts when I needed

them. Today I drained a 15 footer for par on 15. I'm happy, its exciting. I have my

family here and my best friend.”

BW Best Western
Wherever Life Takes You, Best Western Is There.®

Thunder Bay Crossroads

655 Arthur Street W.
Thunder Bay, Ontario P7E 5R6
807-577-4241
Toll Free: 1-800-265-3253
Hot Breakfast • Free Airport Shuttle

SIoux LOOKOUT
Hub of the North
An Ideal Location for Your Business!

SERVING 29 NORTHERN COMMUNITIES WITH A POPULATION OF 30,000

SIoux LOOKOUT AIRPORT (YXL) Hub Of The North

Home to daily scheduled flights from our friends at Wasaya, Perimeter and North Star Air
Fast & Friendly Service
Short and Long Term Parking
Terminal Advertising Available
Airside and Groundside Commercial and Industrial Land for Lease

For more information contact:
Ben Hancharuk,
Airport Manager
(807) 737-2829 x5502
benhancharuk@cyxl.ca

www.siouxlookout.ca

POWER UP.

HONDA
honda.ca

A back-up plan you can count on.

Don't worry about getting left in the dark when you've got a Honda EU series generator. Easy to use, portable and with long running times, they are a back-up power source you can count on. From the lights to the fridge or even your air conditioning, we have a generator with the wattage to meet your needs. And with very little operating noise, you'll enjoy peace and quiet as well as peace of mind. Make your life easier. Visit honda.ca

J&J Sports | 939 Tungsten Street
(807) 623-5042
www.jandsports.ca

Honda ATVs & Power Equipment Canada | HondaATVPECA

For optimum performance and safety, please read your owner's manual carefully before operating your Honda Power Equipment.

